Be Strong.™

NAUTILUS® Owner's Manual

Commercial Series

Model: S912

P/N: 001-6936 Rev A (06/2006)

PREFACE

Thank you for purchasing the Nautilus® Commercial Series S912 gym. For more than 30 years Nautilus has been producing the world's finest fitness equipment used in health clubs and homes around the globe. We hope this product exceeds your expectations and is a valuable tool for your facility.

Please carefully read through this manual to familiarize yourself with the operation of your new Nautilus strength system. Doing so will help to insure that your users get the most out of your gym, enjoying safe and effective workouts ahead.

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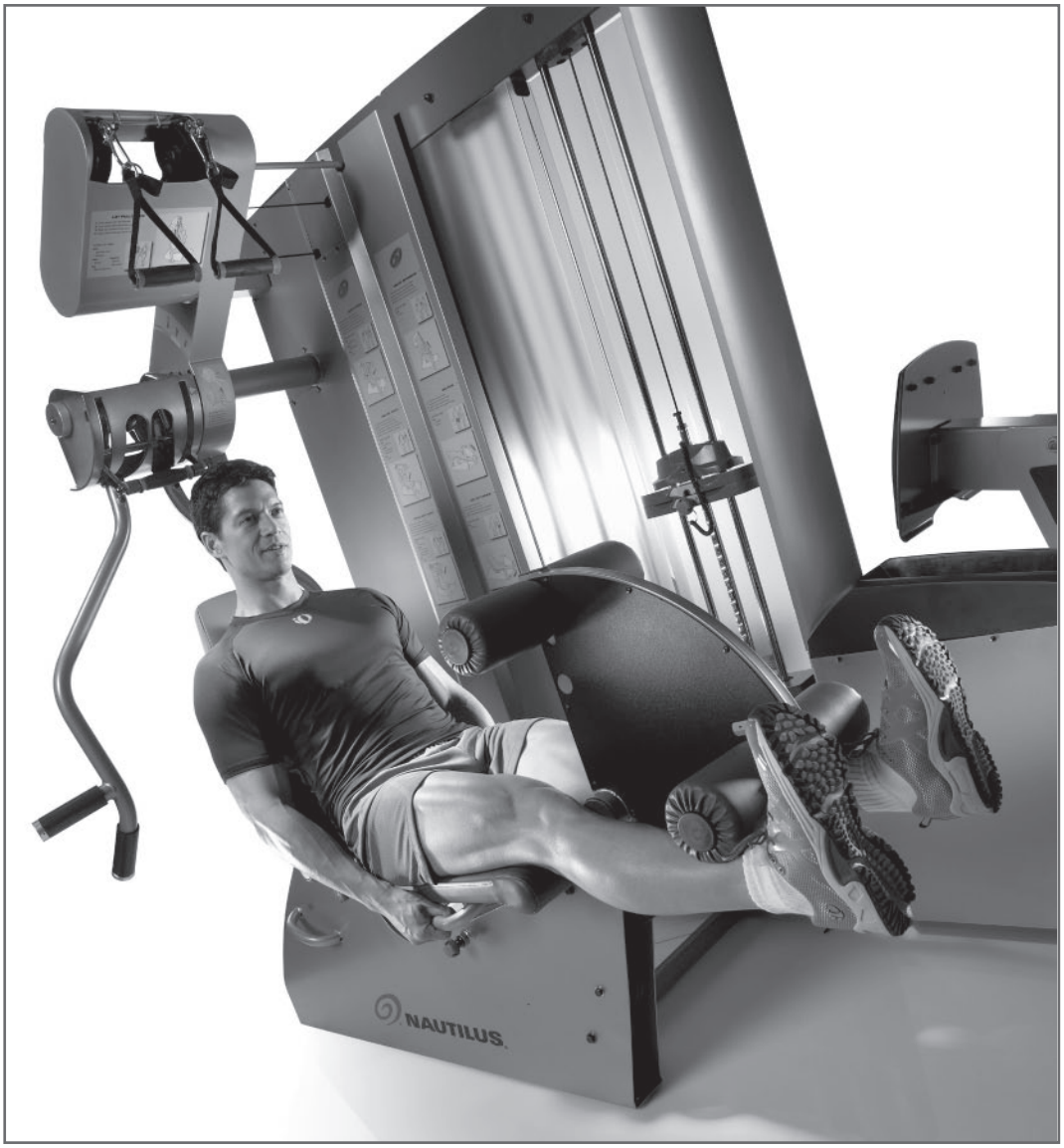

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The following definitions apply to the words "Danger" and "Warning" found throughout this manual:

DANGER! Used to call attention to IMMEDIATE hazards which, if not avoided, will result in immediate, serious personal injury or loss of life.

WARNING! Used to call attention to POTENTIAL hazards that could result in personal injury or loss of life.

READ ALL INSTRUCTIONS BEFORE USING THE MACHINE.

Read this manual in full before operating the S912 gym. Failure to follow these guidelines can produce a serious or possibly fatal injury.

- Close supervision is necessary whenever the machine is used by or near children, invalids, or disabled persons.
- Keep your hands and feet away from all moving parts while exercising.
- Use this machine only for its intended use as described in this Manual. Do not use parts, attachments, or accessories other than those provided by Nautilus Inc.
- To avoid potential safety problems, replace with manufacturer's specified parts only.
- Never drop or insert any object into any opening on the machine. Keep the area underneath and around the machine clear.
- Keep your body weight centered on the machine or bench while exercising.
- Be certain that weight pins are completely inserted prior to exercising.
- Make sure the weight stack or top plate is never pinned in an elevated position. Do not use the machine if it is found in this position. Call your repair facility or consult your assembly guides if this occurs.
- Inspect all cables, fasteners, belts or chains and their connections prior to every exercising. Do not use the machine if any component is found worn or damaged.
- Never use dumbbells or any other means to incrementally increase the machine's weight resistance, other than those means provided by Nautilus.
- Never move or adjust the bench while sitting or lying on the Bench. Never stand on the bench.
- IMPORTANT! This Nautilus product has a maximum user weight limit of 300 lbs. (136 kgs.) and is not designed to be used with any load greater than the supplied weight of 205 lbs. (93 kgs.) Do not use any means to increase the resistance of the machine that is not specified in the owner' manual.
- Use this equipment only on a level surface. Cover the floor or carpet beneath this equipment for protection.
- Read all warnings posted on the unit.

The safety level provided by the design of this equipment can only be maintained when the equipment is regularly examined for damage and wear. Inoperable components should be replaced immediately or the equipment be put out of use until it is repaired. Failure to follow the guidelines may compromise the effectiveness of the exercise experience, expose you (and possibly others) to injury, and reduce the longevity of the machine. Follow all training instructions listed in the manual and/or on the machine. Physical injury may result from incorrect or excessive training.

Failure to follow the conditions set forth below shall limit, to the extent allowed by law, Nautilus Inc. responsibility for the safety, reliability, and performance of this equipment.

- The operator manual must be read in full by each owner and trainer before the product is first used. Each user must be instructed in the proper use of the gym and its accessories.
- The equipment must be used in accordance with the instructions for use.
- Only Nautilus-trained or Nautilus-authorized personnel should carry out assembly operations, extensions, readjustments, modifications, or repairs.
- For further information or instruction on use, maintenance or specifications, please contact your Authorized Nautilus Fitness Dealer or Service Technician.

General Guidelines For Safe Operation

WARNING! THESE GUIDELINES ARE DIRECTED TO YOU, AS THE OWNER OF THE MACHINE. YOU SHOULD INSIST THAT ALL USERS FOLLOW THE SAME GUIDELINES.

WARNING! Do not begin an exercise program without first consulting a physician.

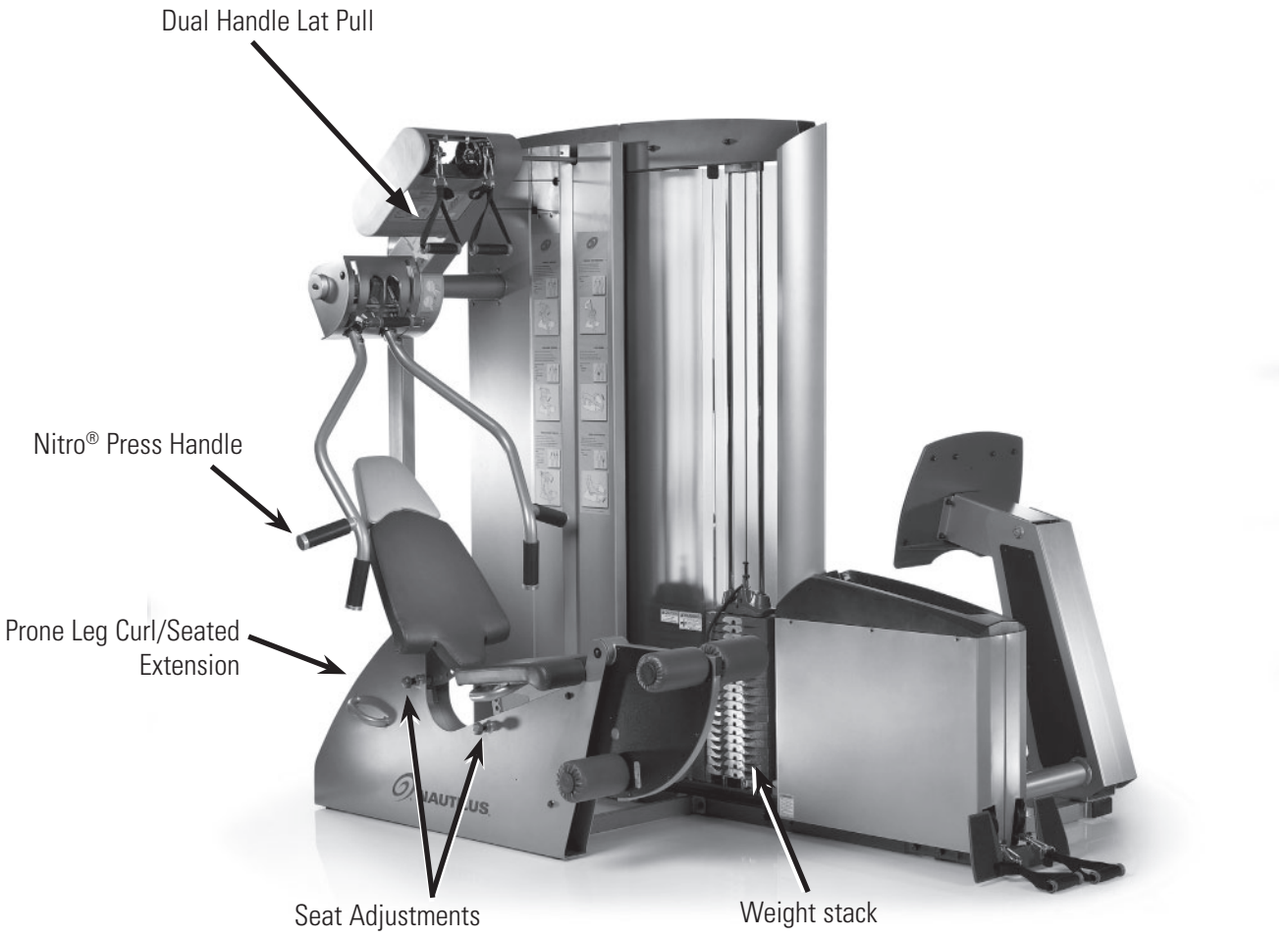
WARNING! If at any time during your workout you feel chest pain, experience severe muscular discomfort, feel faint, or are short of breath, stop exercising immediately. If the condition persists, you should consult your medical doctor immediately.

WARNING! Secure long hair and loose clothing before use.

1. Obtain a complete physical examination from your medical doctor and enlist a health/fitness professional's aid in developing an exercise program suitable for your current health status.
2. The intensity and duration of your exercise program should always be subject to how you feel. Never permit peer pressure to override your personal judgment while exercising.
3. Never attempt to exercise with more resistance than you are physically able to handle.
4. Overweight or severely deconditioned individuals should be particularly cautious when using the machine for the first time. Even though such individuals may not have histories of serious physical problems, they may perceive the exercise to be far less intense than it really is, resulting in the possibility of overexertion or injury.
5. Although all equipment manufactured by Nautilus, Inc. has been thoroughly inspected by the manufacturing facility prior to shipment, proper installation and regular maintenance are required to ensure safety. Maintenance is the sole responsibility of the owner.

Stations

- Prone Leg Curl/Seated Leg Extension
- Dual Handle Lat Pull
- CX Plus™ Press Arm
- Nitro® Press Handles
- Nautilus® Commercial Ab Crunch
- Nautilus® Commercia Dual Pivot Chest Fly
- Leg Press with 4-bar linkage
- Dual Handle Low Row



Adjustment points

- Leg Curl/Ext seat adjustment
- Foot pad adjustment
- Converging Press arm adjustment handle
- Ab crunch/Chest fly seat adjustment

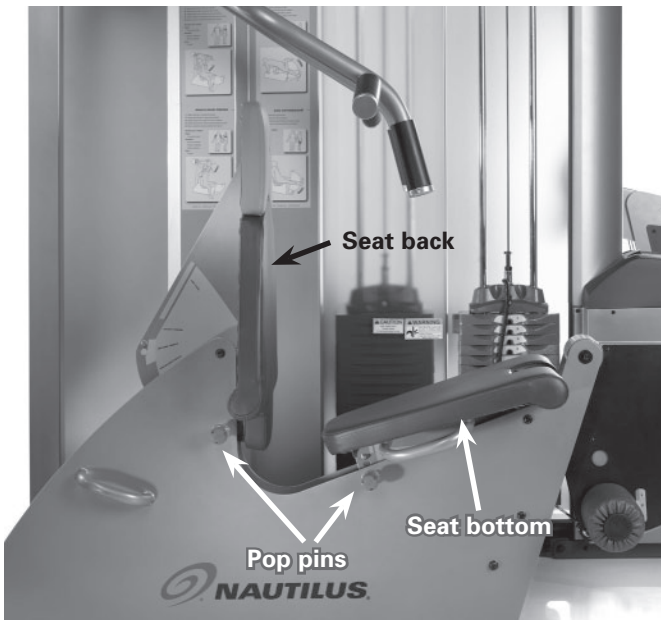
Weight Selection and Adjustment

To adjust weight, make certain weight stack is not in use or lifted. Simply pull the weight pin from the weight stack and select the desired weight. Insert pin completely and make certain it is fully inserted in place before lifting (the magnetized pin will stick onto the selected weight). In general, always start with lower weights and work up to find the weight most appropriate for your goals and capacity.

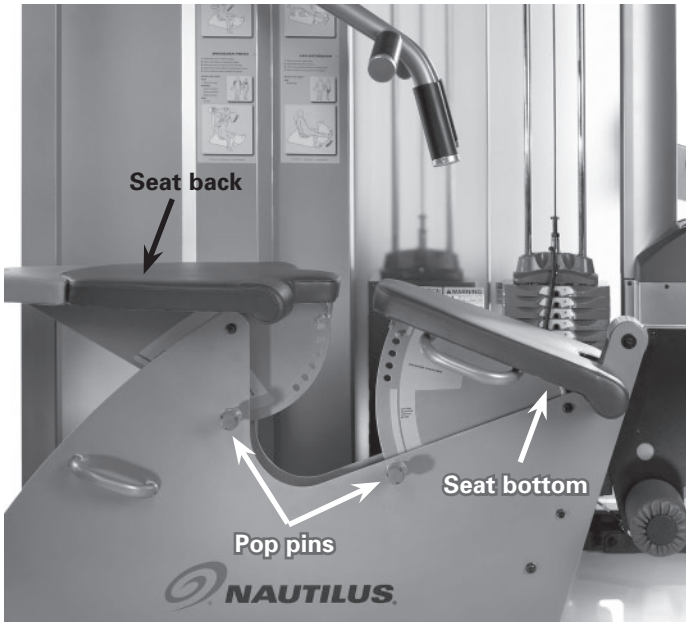
WARNING! Make sure all adjustments are secure before performing any exercises.

Seat Pivot Adjustment (Leg Extension/Leg Curl/Pressing exercises)

Facing the side of the machine, the adjustment is located in front of you, under the seat. To adjust the seat, grasp the seat in one hand and pull the seat pin from the side of the machine. Rotate the seat up or down to the desired angle. (See photos below.) This adjustment cannot be done while you are sitting on the seat, so you'll want to position yourself back on the seat after the adjustment to ensure proper seat alignment. Proper seat alignment ensures exercise efficiency and comfort, while reducing the risk of injury.



Seat Back Upright and Seat Bottom Lowered



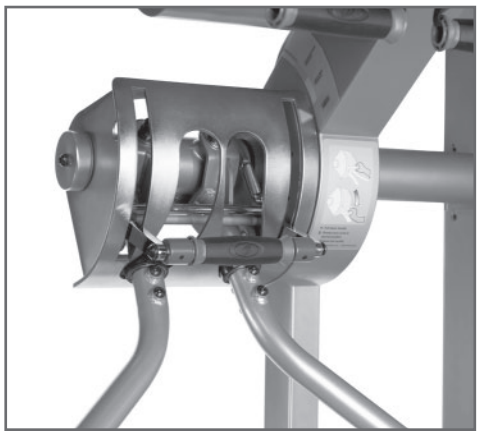
Seat Back Flat and Seat Bottom Raised

Seat Back Adjustment (Leg Extension/Leg Curl/Pressing exercises)

The tilt angle is adjustable on this machine to allow you to perform various exercises including chest press, shoulder press, incline press, leg extension and leg curl. To adjust, grasp the back of the seat with one hand and simply pull out the pop pin and reposition seat back into the desired incline position. (See photos above.)

Converging Press Arm Adjustment

The converging press arm is adjustable on this machine to allow you to perform various exercises including chest press, shoulder press, and incline press. To adjust, hold one of the press arm support handles with one hand and pull down the adjustment handle to release the spring adjustment with your other hand. Rotate the press arms up or down to the desired position. Release the handle to lock into position. Make sure the adjustment is secure before performing any exercises by pushing up on the adjustment handle. As a general rule, never start chest exercises behind your shoulders.

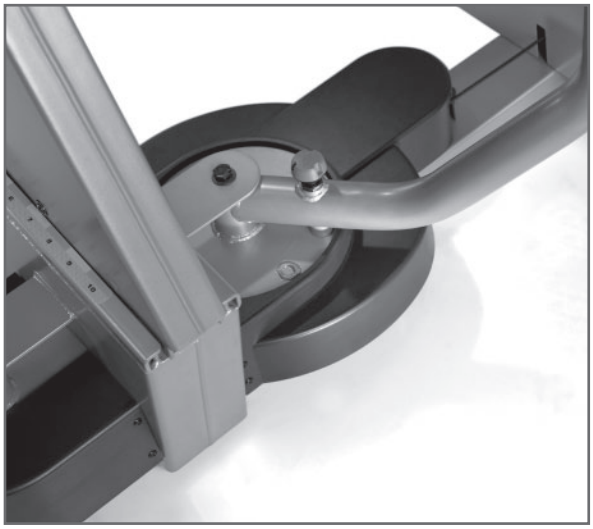


Foot Pad Adjustment

There are two footpad adjustments, one adjustment each for the Leg Extension and Leg Curl. The adjustment pop pins are on the side facing the weight stacks. Simply pull out the pop pin and adjust each footpad to the desired position on your lower leg.

Pec Fly Adjustment

From a seated position, the adjustment pop pin is located at the bottom of the right Pec Fly arm. Simply pull up on the pop pin and rotate the Pec Fly arms to the desired position.



Seat Adjustment (Pec Fly/Abdominal Crunch exercises)

Pull up on the adjustment handle located directly under the front of the seat. Slide seat forward or backward to desired position. Make sure the seat is completely locked into position before performing any exercises.

Hand Grips

Grasp the handle to form a grip as shown in the photo.

Dual Handle Grips

These handgrips offer two length adjustments. For the longer length adjustment simply attach the longer of the two D-rings to the cable attachment clip. For the shorter adjustment, attach the shorter D-ring as shown.

General Strength Guidelines

Determine your goal:

- Power/Speed: Ability to do something in short bursts and be stronger and more powerful performing that task, like jumping or pushing.
- Hypertrophy: Larger muscle size
- Endurance: Ability to work with a moderate load over a longer period of time without getting fatigued.

Once you have determined the goal for training you can make informed decisions about your training regimen.

Progression of exercise is determined by the following variables: control, reps, range of motion, sets, effort, and load (resistance/ weight moved). Detailed descriptions and instructions follow.

Control

Determine what muscles are acting (agonist) within the scope of each exercise. Learn how to best fit your body on the machine for optimal range of motion (movement within each repetition), and how or where to apply force. On each machine there will be a general description of the area worked on the body. Once you have determined the proper alignment or body position, try a couple of repetitions to make sure the muscles that are intended to be worked are in fact being contracted during each individual repetition. If you feel pain or discomfort beyond what is considered reasonable muscle discomfort, discontinue the exercise.

The number of adjustments on each machine are intended to provide every user with the best possible fit; therefore, achieving the goal you are setting safely.

Range of Motion

Each machine has a predetermined range of motion (ROM) or movement pattern it travels through each repetition. When performing the exercise make sure to take a look at the diagram provided to achieve the ideal ROM. It's easy to relax the body so much on a machine that body posture suffers and as a result the movement is compromised. It's not only important to look at the movement pattern, but also look at the body diagram provided on each machine as a guide.

Effort

The amount of effort involved in each repetition or set will evolve over time. Based on your goal of training, the effort will be determined based on the level of fatigue that is experienced in the final 1 or 2 repetitions for each set. Ideally an individual should feel moderate to intense fatigue at the end of a set in order to provide enough stimuli to the muscles for adaptation. In basic terms, if one does not work hard enough the results will not happen as quickly (this does not mean working to injury or intense pain).

Take the following points into consideration when discussing exercise effort:

1. A movement must be learned before it is intensified.
2. You can only progress as fast as the weakest muscle (meaning that skipping exercises in the circuit could be detrimental to your overall muscular balance) An example of this is being very "strong" on the leg press and skipping the leg extension or leg curl. The front (quadriceps) and the back (hamstrings) of the leg are muscle groups that provide stability to the body and are two of the primary muscle groups that contract in a squat or leg press. Therefore, eliminating them would or could be detrimental to overall progress.

3. If control is still a challenge, adding another form of challenge is inappropriate (this means that adding more weight or more sets to an exercise that is already difficult or more complex is a bad idea).
4. To progress in one area you may have to temporarily regress or stay the same in others. For example if you are very tight in the hamstrings and have a difficult time extending the leg using the leg extension machine within the full ROM, you may have to decrease the resistance on the leg extension and focus on active hamstring flexibility.

Repetitions

The following chart lists the appropriate number of repetitions for your goal.

Training Goal	Power/Speed	Hypertrophy	Endurance
Repetitions	3-9	10-12	13-15

The number of repetitions is less important than the quality of each rep performed. Repetitions are less about how many times the movement was performed than they are about the time under which muscular work occurred.

The speed of each rep should be approximately 6 seconds in length (unless you are working for more power and speed –these reps will be quicke, while still maintaining control).

Sets

A set is a series of continuous movements or repetitions the end of which is determined by fatigue/training goal. Fatigue is a sensation that one is unable to complete another repetition without compromising form or ROM. Levels of fatigue will range from the initiation of shaky or burning sensation in the muscles worked to a progressive reduction in the ability to complete a repetition.

Start out with one (1) set of your goal repetitions. The maximum number of sets necessary to provide stimulus to the muscle per exercise session is three (3). Anything above and beyond that is excessive movement and is also evidence that the load or resistance you have selected is incorrect (most of the time it's too low).

The rest between sets should be longer for power or speed and less for hypertrophy and endurance. The rest for power speed can be up to 3 minutes between sets and for hypertrophy and endurance from 30-60 seconds.

Load

The resistance or weight you choose should be gradual and progressive over time. Start by chosing a weight that you can perform at least 5-7 repetitions of without the onset of burning or shaking. This will assure you that you have not overdone it. Once you have had a couple of sessions you can adjust the weight more appropriately based on your goals of training. Try not to adjust the resistance too often. Muscle adaptation does take time; it will not happen overnight or even in a week. If you are new to this type of exercise, make sure you are able to finish 2-3 sets with the weight selected and are able to complete all reps in each set, and then you can increase the weight or resistance by 5-7%. This process is called progressive overload. Progressive overload is necessary to notice changes safely in your body and in achievement of your goals.

If too much load is applied too quickly or improperly (meaning body positioning will be incorrect), this will not lead to progress…in fact it will lead to injury and poor functional posture. You need to make sure to set yourself up in the machine properly, learn the movement pattern correctly and then lastly apply resistance or load.

Core Exercises

The following pages contain information on how to correctly perform core S912 exercises. Be sure to follow the instruction labels on the machine for each exercise station's equipment settings.

Core Exercise	Muscles Worked
Chest Press: Shoulder horizontal adduction with elbow extension	Pectoralis major, anterior deltoid, triceps
Incline Press: Horizontal shoulder adduction with elbow extension	Pectoralis major, anterior deltoid, triceps
Shoulder Press: Shoulder abduction with elbow extension	Pectoralis major, anterior deltoid, posterior deltoid, triceps
Triceps Extension: Elbow extension	Triceps
Leg Curl: Knee flexion	Hamstring group (biceps femoris, semimebranosus, semitneonosus), gluteals)
Leg Extension	Quadriceps
Leg Press: Hip extension with knee extension	Quadriceps, gluteous maximus, hamstrings
Seated Calf Raise: Ankle plantar flexion	Gastrocnemius, Soleus (lower leg muscles)
Pec Fly: Horizontal shoulder adduction	Pectoralis major, anterior deltoid
Abdominal Crunch: Trunk flexion	Upper/lower front abdominals (rectus abdominus)
Mid Row: Shoulder extension with elbow flexion	Trapezius, deltoids, rhomboids, and biceps.
Arm Curl: Elbow flexion	Biceps, brachialis, brachioradialis.
Seated Row: Shoulder extension with elbow flexion	Latissimus dorsi, teres major, rear deltoid, trapezius, rhomboids, and biceps.
Lat Pulldown: Shoulder adduction with elbow flexion	Latissimus dorsi, teres major, rear deltoid, biceps.

Chest Press

Muscles Worked

This exercise emphasizes the chest muscles (pectoralis major), also involving the front shoulder muscles (anterior deltoid) and the triceps, muscles on the back of the upper arm.

Starting Position

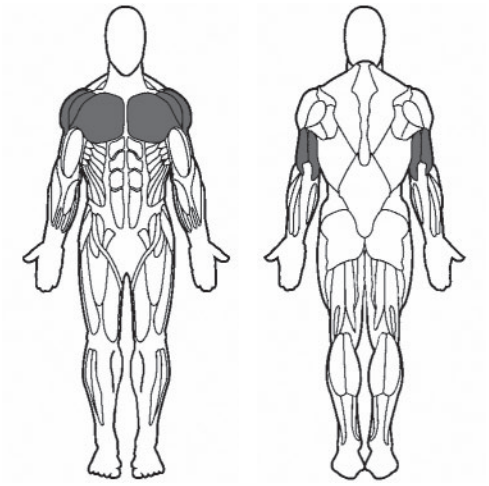
- Adjust the seat back to the Chest Press position, as noted on the seat back label.
- Adjust the seat bottom to the appropriate height as shown in the Start position below.
- Adjust the press arm to the Chest Press setting. Check that the press arm's plane of motion is pressing 90 degrees off the chest.
- Grasp the press arm with the hands in a position such that when it is lowered toward the chest, the wrist and forearm are lined up straight over the elbow.
- Stabilize your core and lower body by keeping the feet flat on the floor directly under the knees.
- Raise the chest and slightly pinch the shoulder blades together. Maintain a slight, comfortable arch in the low back.

Motion

- Slowly move the press arm away from the body allowing the elbows to straighten as the hands move closer together.
- Stop the movement when the upper arms are approximately straight out to the side (elbows will be level with the shoulders) and the press arm handles are over the nipple line of the chest.
- Slowly lower the press arm, allowing your arms to bend as they move outward. Your forearms should remain parallel to each other and the hands remain over the elbows throughout the movement.
- Keep the chest muscles tight throughout the movement.

Key Points

- Limit and control the range of motion so that the elbows only travel slightly below the shoulders, if at all.
- Squeeze the chest at the top of the press by attempting to bring the hands together on the press arm.



START

FINISH

Incline Press

Muscles Worked:

This exercise emphasizes the chest muscles (pectoralis major), also involving the front shoulder muscles (anterior and middle deltoids) and the triceps, muscles on the back of the upper arm.

Starting Position:

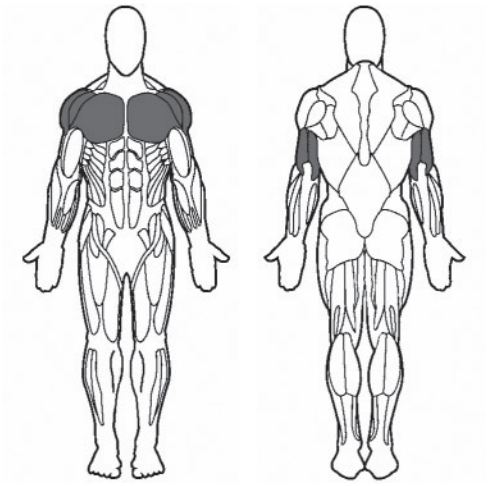
- Adjust the seat back to the Incline Press position, as noted on the seat back label.
- Adjust the seat bottom to the appropriate height as shown in the Start position below.
- Adjust the press arm to the Incline Press setting.
- Reach up and grasp the handles with the hands in a position that when the bar is lowered toward the chest, the wrist and forearm are lined up straight over the elbow.
- Stabilize the core and lower body by keeping the feet flat on the floor directly in a vertical line with the knee.
- Raise the chest and slightly pinch the shoulder blades together. Maintain a slight comfortable arch in the low back.

Motion:

- Slowly press against the handles, moving the press arm upward and forward.
- As the hands come closer together, the elbows will straighten.
- Stop the movement when the upper arms are approximately straight, above and forward of the starting position.
- Slowly lower the press arm toward the chest allowing the elbows to bend outward, simultaneously bending your arms so that your forearms remain parallel to each other and the hands remain over the elbows throughout the movement.
- Keep the chest muscle tight throughout the movement.

Key Points:

- Limit and control the range of motion so that the elbows only travel slightly above the shoulders.
- Squeeze the chest at the top of the press by attempting to bring the hands closer together on the bar.



START

FINISH

Shoulder Press

Muscles Worked

This exercise emphasizes the chest muscles (pectoralis major), the front shoulder muscles (anterior deltoid), the back shoulder muscles (posterior deltoid and upper trapezius) and the triceps muscles on the back of the upper arm.

Starting Position

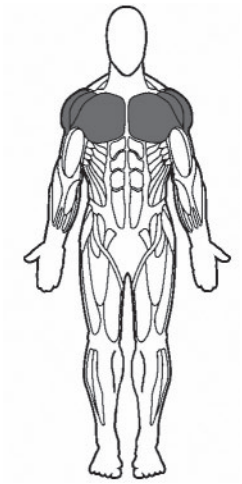
- Adjust the seat back to the Shoulder Press position, as noted on the seat back label.
- Adjust the seat bottom to the appropriate height as shown in the Start position below.
- Adjust the press arm to the Shoulder Press setting. Check that when you are seated on the bench, you can place your hands on the grips with the arms slightly lower than the shoulders and elbows bent.
- Your feet should be flat on the floor and directly in line under your knees. Stabilize your lower body from your ankles, through your knees and up into your hips.
- Slightly arch your lower back and lift your chest to stabilize your core.
- Grasp the handles so that your hands are in line with the forearm and elbow. Your elbows should be bent to approximately 90 degrees.

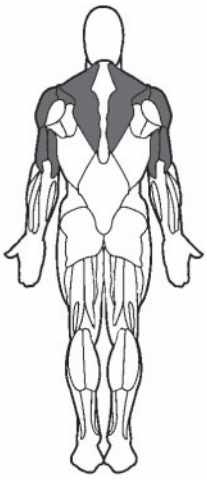
Motion

- Slowly move the press arm upward in a plane slightly in front of your face so that your elbows straighten to a point where they are parallel to each other. The hands should remain over the elbows throughout the entire movement.
- Stop when your upper arms are approximately straight over your shoulders controlling the movement of the press arm.
- Slowly lower the press arm by letting the elbows bend and the upper arm moves straight out from your sides. (elbows will be level with the shoulders or slightly below).

Key Points:

- Limit and control the range of motion so that your elbows travel in line with your shoulders or slightly more in front of the shoulder.
- Lower the press arm under control without letting your elbows go below the height of the shoulder.





START

FINISH

Triceps extension

Muscles Worked

This exercise emphasizes the triceps muscles located on the back of the upper arms. These muscles are responsible for straightening your arms and assist in any upper body pushing or pressing motion.

Starting Position

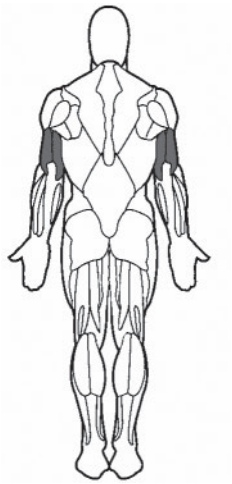
- Adjust the seat back to the vertical position, as shown in the Start photo below.
- Adjust the seat bottom to the declined as shown in the Start photo below.
- Adjust the press arm to the Chest Press setting.
- Straddle the seat pad, facing away from the seat back.
- Grasp the handles with a hammer type grip.
- Keeping your arms bent, bring your upper arms to your sides and maintain that position.
- Lift your chest and tighten your abs to stabilize your spine while maintaining a very slight arch in the lower back.

Motion

- Keeping your upper arms stationary and your elbows next to the sides of your torso, slowly straighten your arms by arcing downward and then inward toward your legs.
- Straighten your arms fully.
- Controlling the motion, allow your elbows to bend, returning to the starting position without moving your upper arm.

Key Points

- Keep your upper arms motionless.
- Keep wrists straight.
- Tighten the triceps throughout the exercise and control the motion on the way up.
- Maintain good posture by keeping your chest lifted, abs tight and maintain a very slight arch in your lower back.



START

FINISH

Lat Pulldown

Muscles Worked

This exercise emphasizes the latissimus dorsi, teres major and rear deltoid which make up the large pulling muscles of the upper back. It also involves the biceps, muscles of the front of the upper arm which are responsible for bending the elbow.

Starting Position

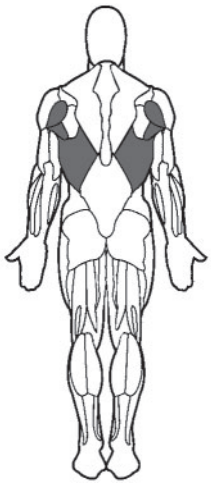
- Adjust the seat back to the vertical position, as shown in the Start photo below.
- Adjust the seat bottom to the declined as shown in the Start photo below.
- Adjust the press arm to the Chest Press setting.
- Sit on the seat facing the tower and rest your thighs comfortably beneath the seat back.
- Facing the machine, grasp the handles so that your palms are facing forward.
- Position your feet directly under your knees which are bent to 90 degrees, sit upright with your arms extended up. NOTE: You may position your hips directly under the pulley, but make sure to lean back slightly from the hips (not the spine).
- Maintain good spinal alignment, chest lifted, abs tight and maintain a very slight arch in your lower back.

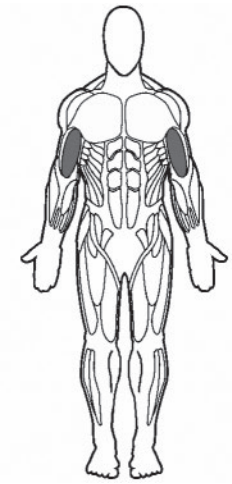
Motion

- Initiate the movement by pulling your shoulder blades down and together while simultaneously drawing your elbows downward to the sides, and then inward, toward your trunk.
- Slowly return to the starting position allowing your arms and shoulder blades to move fully upward, without relaxing the muscles.

Key Points

- From the side view the forearms should appear to remain in line with the cable.
- Do not lose spinal alignment.
- Do not lean backward as you pull.
- Keep chest up, especially at the bottom of the movement.
- Keep the lats tightened throughout the entire motion.





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FINISH

Leg Curl

Muscles Worked:

This exercise emphasizes the hamstring muscle group (biceps femoris, semimembranosus, semitneonosus) on the back of the thigh as well as the gluteals.

Starting Position:

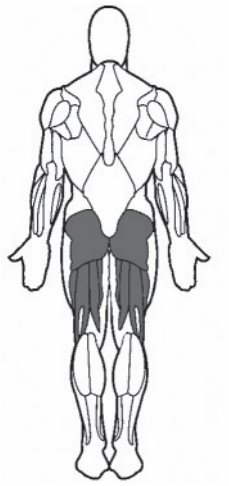
- Adjust the seat bottom and seat back to the Leg Curl position as noted on the seat position labels.
- Adjust press arm to rearmost position as shown in the photos below.
- Lie face down with your upper thigh on the seat pad, knees near the pivot point and ankles under the upper roller pads. If necessary, adjust position of upper roller pads to rest comfortably on ankles.
- Point your knees and feet straight down and tighten your inner thigh muscles (as if squeezing your knees together) to stabilize.
- Place your hands down on the handles or in front of you.
- Place your forehead on the bench, or turn your head to the side, but do not look up, hyper-extending your neck.
- Tighten your abs to prevent spinal motion and very slightly lift your knees off the bench pad, taking the pressure off your thighs and tightening the hamstrings.

Motion:

- Slowly bend your knees, upward then inward toward your hips without moving your spine and without your hips lifting from the bench.
- Keeping the hamstrings tight, slowly allow your legs to straighten and return near the starting position. Do not fully extend your legs.

Key Points:

- Make sure you straighten your legs under control, do not allow your knees to hyper-extend.
- Keep your chest lifted, abs tight and maintain a very slight arch in your lower back.
- Try to relax your calf and foot muscles.



START

FINISH

Leg Extension

Muscles Worked:

This exercise emphasizes the muscles on the front of the upper thigh, the quadriceps muscle group, which are responsible for straightening your leg against resistance. This powerful muscle group helps provide stability for the knee joint and is essential for producing power in running, jumping and lifting activities.

Starting Position:

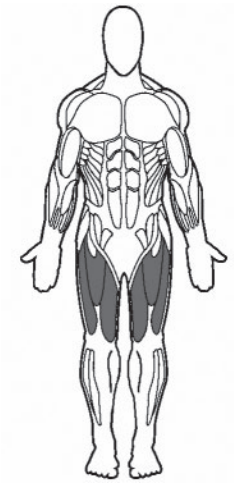
- Adjust the seat back to the Incline Press position as shown in the photos below.
- Adjust the seat bottom to the desired position as shown in the photos below.
- Sit on the seat facing away from the machine with your knees near the pivot point and the lower roller pads on the front of your shin (see picture).
- Position your thighs at hip width pointing your knee caps straight to the front.
- Sit up straight with your chest lifted, abs tight and maintain a very slight arch in your lower back.

Motion:

- Tighten your quads and straighten your legs by moving your feet forward and then upward until your legs are completely straight and your kneecaps are pointing up toward the ceiling (not turned outward).
- Then slowly return to the starting position keeping tension in your quads during the entire movement.

Key Points:

- Use slow controlled motion. Don't kick into extension.
- Do not let your knees rotate outward during the exercise. Keep your kneecaps pointing up and straight forward.



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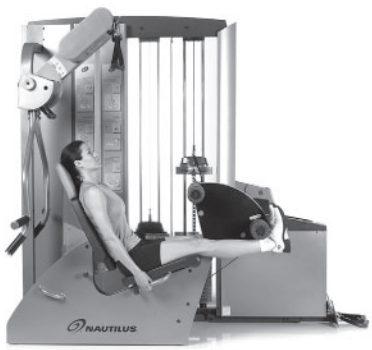


FINISH

Leg Press

Muscles Worked:

This exercise emphasizes the large muscles of the upper front of the leg, the quadriceps muscle group, gluteus maximus and the hamstrings.

Starting Position:

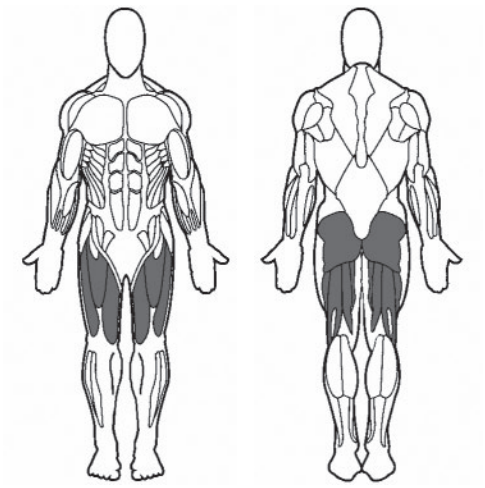
- Determine the proper bench position by adjusting the seat so when the feet are placed on the foot plate, the knees are bent slightly past 90 degrees or a position that can be controlled. For future reference, note your seat number position.
- On the foot plate, place the feet slightly wider than shoulder width apart and turned slightly outward. Maintain a neutral ankle position.
- Stabilize the spine with a very slight arch in the low back and chest up.

Motion:

- Slowly straighten your legs but do not lock out your knees.
- When you press on the foot plate, emphasize pushing through your ankles and heels.
- Slowly lower the foot plate by bending at the hips and knees.
- Keep your chest elevated.
- Lower the foot plate under control to slightly above a 90 degree bend at the knees, or what ever you can control.

Key Points:

- Maintain good spinal alignment throughout the movement.
- Control the motion when lowering the foot plate.
- Do not straighten the knee to a locked out position at the top of the press.



START

FINISH

Seated Calf Raise

Muscles Worked:

Emphasizes the muscles of the lower leg, the gastrocnemius and soleus.

Starting Position:

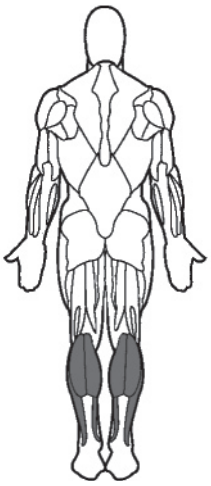
- Place the balls of your feet on the foot plate.
- Lift your chest, tighten your abs and maintain a very slight arch in your lower back.
- Push back and straighten your legs, but do not lock out your knees, and maintain this position.

Motion:

- Slowly press the balls of your feet onto the foot plate and pull your heels toward your knees.
- Slowly return to the starting position maintaining tension on the calves.

Key Points:

- Do not lose contact between the balls of your feet and the platform.
- Do not change your hip or knee position, only ankle motion should be allowed.



START

FINISH

Pec Fly

Muscles Worked:

This exercise emphasizes the large muscles of the chest (pectoralis major) and the front shoulder muscles (anterior deltoid).

Starting Position:

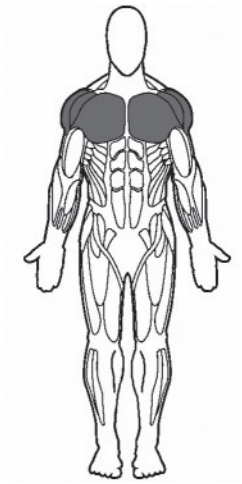
- Adjust the seat to its rearmost position (#10 on seat position label).
- Adjust the pec arm to get the desired amount of pre-stretch. Pop pin is on the base on your right when you are seated.
- Sit on the bench with the arms bent around the pec fly pad and palms facing down.
- Elevate the chest by slightly pinching the shoulder blades.
- Maintain a slight arch in the lower back.

Motion:

- While keeping the shoulder blades slightly pinched and the chest elevated, move the arms outward than in toward each other.
- Allow the hands and arms to cross one another in front of the chest.
- Squeeze the chest to a full contraction.
- Slowly reverse the movement, maintaining the tension to the chest muscle.

Key Points:

- Keep the chest lifted by pinching the shoulder blades.
- Maintain a slight arch in the lower back.
- Keep the chest muscle tight throughout the complete set.



START

FINISH

Abdominal Crunch

Muscles Worked:

This exercise emphasizes the abdominal area including the upper and lower front abs (rectus abdominus).

Starting Position:

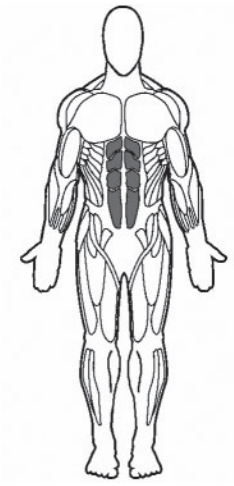
- Adjust the seat to its rearmost position (#10 on seat position label).
- Sit on the seat pad with feet restin on the footpads.
- Grasp the handles with palms facing in.
- Keep the back against the bench pad.

Motion:

- Tighten your abs and only curl your torso, slowly moving your ribs toward your hips. Move as far as you can without moving the hips or neck.
- Slowly reverse the motion returning to the starting position, without relaxing.

Key Points:

- Breathe out during the crunch; breathe in during the return.
- Don't lift your head/chin. Your head should follow the rib motion, not lead, allowing you to maintain normal neck posture.
- Tighten your abdominals throughout the entire exercise range of motion. Do not let your abs relax until the set is over.
- Moving slowly to reduce momentum is critical.



START

FINISH

Mid Row

Muscles Worked:

This exercise emphasizes the large pulling muscles of your upper back (trapezius) as well as the deltoids and rhomboids. The biceps muscles on the front of the upper arm are also involved in this movement. Also emphasizes the core for stability.

Starting Position:

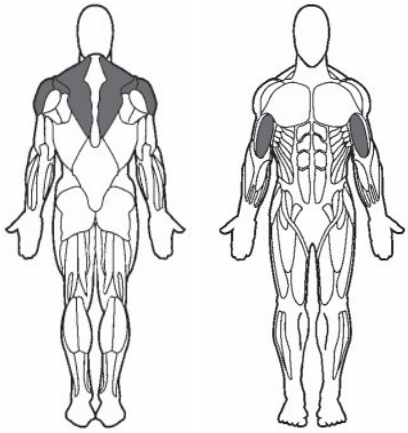
- Stand with feet shoulder width apart facing the low pulley assembly.
- Grasp the handles with both hands palms facing each other.
- With the hips and knees slightly bent, lift the chest and maintain a slight arch in the low back.

Motion:

- Initiate the movement by pinching your shoulder blades together while simultaneously drawing your elbows down and backward toward the sides of your body.
- Continue moving the arms past the sides of your body.
- Slowly return to the starting position, straightening the arm and letting the shoulder blades forward without slouching.

Key Points:

- Try to maintain good spinal alignment at all times during the movement.
- Keep the wrists straight.



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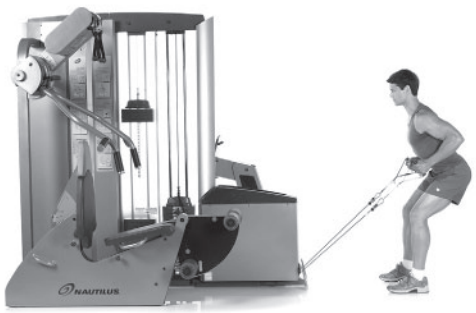


FINISH

Arm Curl

Muscles Worked:

This exercise emphasizes and develops the biceps muscles (as well as the brachialis and brachioradialis), which are located on the front of your upper arms and are primarily responsible for bending your elbows.

Starting Position:

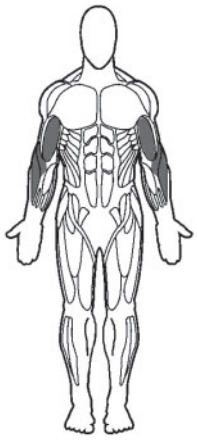
- Facing the machine, bend down and grasp the handles of the low row pulley assembly with your palms facing forward.
- Stand with your upper arms by your sides. Lift your chest, tighten your abs and maintain a very slight arch in your lower back.

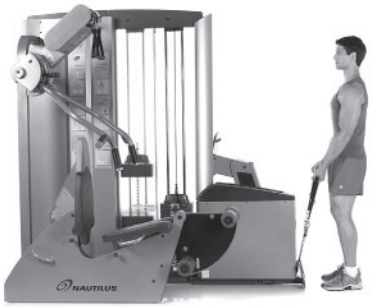
Motion:

- Curl the handles forward and upward, toward the shoulders while keeping your elbows at your sides and your upper arms completely still.
- Slowly lower to the starting position by performing the same arcing motion.

Key Points:

- Keep the elbows at your sides.
- Keep wrists straight.
- Keep your trunk muscles tight and maintain a very slight arch in your lower back.





START

FINISH

Seated Row

Muscles Worked

This exercise emphasizes the latissimus dorsi, teres major and rear deltoid muscles which make up the large pulling muscles of your upper back as well as the trapezius and rhomboids. The biceps muscles on the front of the upper arm are also involved in this movement.

Starting Position

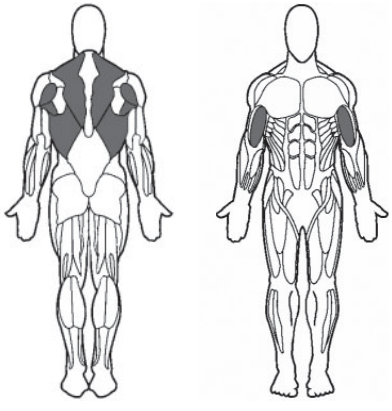
- Sit on the floor facing the machine.
- Place your feet against the foot plate.
- Grasp the handles with both hands in a palm down position.
- Sit with your knees slightly bent and your spine in good alignment (see Start image below).

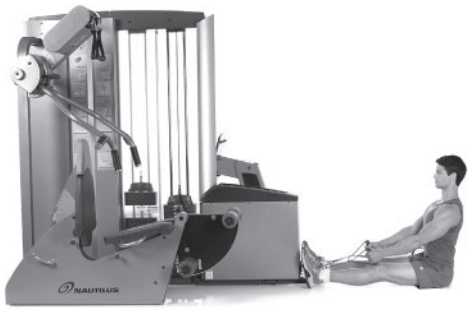
Motion

- Initiate the movement by pinching your shoulder blades together while simultaneously drawing your elbows down and backward toward the sides of your body.
- Continue moving the arms past the sides of your body.
- Slowly return to the starting position, straightening the arm and letting the shoulder blades forward without slouching.

Key Points

- Try to maintain upright alignment at all times during the movement.
- Keep the wrists straight.





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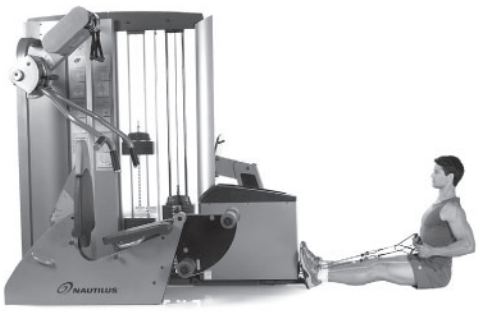

FINISH

Machine Maintenance Recommendations

Congratulations on choosing the Nautilus® S912 Strength System. We know that keeping your equipment in the best working condition is important to you and your customers, so please take a few minutes to read the following maintenance instructions.

Parts & Services

Regular and scheduled maintenance will prolong the life of your Nautilus® equipment. Should you have to replace parts, use only genuine Nautilus® parts. The Nautilus Customer Service Team invites you to call in your order for replacement parts. They're never too busy to discuss or offer a tip on your maintenance tasks.

Nautilus® machines – the culmination of years of research and refinement – are made from the highest quality materials, under exacting conditions. The quality control tag attached to each machine before shipping ensures that each unit has been thoroughly inspected to meet Nautilus' strict requirements.

Should you, the owner of a Nautilus® machine, need to replace any parts because of normal wear and tear, or should your machine ever need maintenance, Nautilus invites you to call our Customer Service department for information on parts and service.

Call 1-800-NAUTILUS

General Maintenance

Frequency of maintenance is determined by several factors: temperature, humidity, use, ventilation and filtration, shielding and friction. External maintenance may vary from daily to monthly, internal maintenance from six months in a high-use environment to a year when used in a lower use setting.

Do not place equipment in direct sunlight as ultra violet rays can damage shields and upholstery.

1. SPOT CHECK LOOSE NUTS AND BOLTS
    - Carefully check rotation points.
    - Tighten loose parts immediately. Also check for worn parts, seat belts and upholstery pads.
2. SPOT CHECK CABLES AND PULLEYS
    - The system is set up properly when the cables are taut and the pins engage easily into the weight stacks. If cables or pulleys appear to have any damage, including gouges, bulging, discoloration or any wires are exposed, DO NOT USE MACHINE.
3. UPHOLSTERY PAD TIGHTENING
    - Most bolts on upholstery pads can be tightened with a 9/16" combination wrench.

Lubrication

MOVING PARTS

- To clean guide rods, wipe down with a clean cloth and an ammonia-based cleaner. Wipe completely dry. Spray a generous amount of silicone lubricant on the rods.
- Apply silicone spray onto the guide rods whenever there is any evidence of sticking between the guide rods and the weight plate bushings.

Cleaning

1. UPHOLSTERY CLEANING AND PROTECTION

- Keep pads free of perspiration at all times.
- Clean and disinfect upholstery at the end of each day, especially areas where perspiration and scalp oil collect.
- Clean all outside surfaces with non-abrasive, non-chlorinated household cleaners.

2. CLEANING AND CARE OF PAINTED SURFACES

- Wipe painted surfaces with a damp cloth and car wax.
- Let dry and buff with a dry cloth.

3. CLEANING AND CARE OF ABS PLASTIC SHIELDING

- Clean with non-abrasive, non-chlorinated household cleaners.
- Vacuum or wipe dust from recessed areas and surfaces.

Maintenance Schedule

	Daily	Weekly	Monthly	Every 6 mos.
General Maintenance				
Check Safety & Warning Labels	X			
Spot Check Cables		X		
Spot Check Pulleys		X		
Spot Check Nuts and Bolts			X	
Spot Check All Pegs and Stops			X	
Examine Rotation Points				X
Cleaning				
Clean Upholstery	X			
Clean Surface Area		X		
Remove Dust			X	
Lubrication				
Lubricate and Clean Guide Rods				X

All Nautilus® exercise products are warranted to the commercial market purchaser to be free from defects in materials and workmanship. Warranty coverage valid to the original purchaser only and proof of the purchase will be required. Any product sold or placed in an application not recommended by Nautilus will void any warranty coverage set forth by Nautilus® warranty policies and procedures.

Time Period
Frame: 12 Years
Mechanical parts : 3 Years
Labor: 1 Year
Wear Items: 6 Months

Note – Warranty only applies to use of product in non-dues paying facility settings.

What This Warranty Does Not Cover

1. Any component on original equipment which carries a separate consumer warranty of the parts supplier.
2. Users weighing more than 300 lbs. (136 kg).
3. Any damage, failure or loss caused by accident, misuse, neglect, abuse, improper assembly, improper maintenance or failure to follow instructions or warnings in Owner's Manual, or disaster (such as floods or power surges).
4. Use of product in an application not recommended by Nautilus, Inc. or in a manner or environment for which it was not designed.
5. Damage due to normal wear and tear.

Limitations

The preceding warranties are the sole and exclusive express warranties made by Nautilus, Inc. They supersede any prior, contrary or additional representations, whether oral or written. No agent, representative, dealer or employee has the authority to alter or increase the obligation or limitations of this warranty. Any implied warranties, including the WARRANTY OF MERCHANTABILITY and any WARRANTY OF FITNESS FOR A PARTICULAR PURPOSE, are limited in duration to the term of the applicable express warranty provided above, whichever is longer. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.

What Nautilus Will Do

Nautilus, Inc.'s liability hereunder is expressly limited to the replacement of goods not complying with this warranty or, at Nautilus, Inc.'s election, to the return of the purchase price of the exercise product in question. THESE REMEDIES ARE THE EXCLUSIVE AND SOLE REMEDIES FOR ANY BREACH OF WARRANTY. Nautilus, Inc. shall in no event be liable for incidental or consequential losses, damages or expenses in connection with its exercise products. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation may not apply to you.

Procedures

Warranty service will in most cases be performed by an authorized Nautilus® Fitness Dealer or Service Technician. The original purchaser must provide proof of purchase, Service calls and/or transportation to and from the Nautilus® Dealer is the responsibility of the purchaser.

1. Nautilus will have the option to repair or replace any exercise product, which requires service. Nautilus, Inc. reserves the right to refund the purchase price.
2. Nautilus will replace any equipment frame that is structurally defective with a new frame or replace the unit with a unit of equal value.
3. Nautilus is not responsible for dealer labor charges for the component changeovers completed after the labor related warranty period stated herein.
4. If you elect to repair an exercise product or part yourself, using the services of someone other than an authorized Nautilus® Fitness Dealer or Service Technician, or use a replacement part not supplied by Nautilus, Nautilus shall not be liable for any cost, damage, failure or loss caused by the use of such unauthorized service or parts.

If you need assistance, please have both the serial number of your machine and the date of purchase available when you contact the appropriate Nautilus office listed below.

WORLDWIDE CUSTOMER SERVICE

- **NORTH AMERICA OFFICE**

  Nautilus, Inc.
  World Headquarters
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  Vancouver, Washington, USA 98683
  Phone: 800-NAUTILUS (628-8458)
  Fax: 877-686-6466
  e-mail: cstech@nautilus.com

INTERNATIONAL CUSTOMER SERVICE

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  Nautilus UK Ltd.
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NAUTILUS | Be Strong.™

For more information about our Commercial Series machines or other Nautilus® equipment for your home, visit www.Nautilus.com.

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